A close-up photograph of a woman with dark, curly hair and a nose ring, smiling warmly at the camera. She is holding a young child with curly hair who is also smiling and holding a green and white sippy cup with a blue dinosaur design. The child is wearing a green t-shirt with a bulldog graphic. The background is slightly blurred, showing a plaid pattern.

Facets

May 2011

Finding her sunshine

Singer's son inspires her to look on the bright side



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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FEATURES



8 COVER STORY ▲
Singer Sharika Sawyer finds inspiration in her son.

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Motherhood unscripted.

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Featured contributors



EMILY GRIGGS

Emily grew up in Story City and lived in Ames until 2010, when she moved to New York City. In her column, she'll help you discover high fashion looks that wear well even if you don't live in the Big Apple. Griggs studied fashion apparel merchandising, design and production at Iowa State University. She has worked to design looks for the likes of Jennifer Lopez and Victoria's Secret before launching her own website www.parkerandblake.com in the fall of 2010.



ALLISON SUESSE

Allison is a graduating senior at ISU in journalism and mass communication. When she's not busy with school or writing, she enjoys reading and hosting a radio show on 88.5 KURE.

ON THE COVER

Singer Sharika Sawyer and her son, Jacob. By Allison Suesse/Facets

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There's something about mom

I hadn't planned to write about this. But from my sick-bed — OK, I have the flu, but for someone who doesn't get sick very often, it feels pretty dramatic — all I can think about is Mom. If she were only here, and not hundreds of miles away, I'm sure she could fix me right up with her usual soda crackers and 7-Up medicine, and I'd be on my way. Not having children, I don't have the typical accessories of sickness: you know, the thermometer, aspirin, not even the soda crackers. Lame.

As an official adult (for some time now), you'd think I'd be able to make decisions like: "Should I stay home from work?" or "What should I eat and drink to feel better?" all by my adult self, but I still want Mom to just tell me what to do. Full disclosure: I even called her last night for a little advice. And I felt better afterward, but missed her even more.

This month, our writers share much more inspiration and var-



ied stories than what's available from Momma's girl me. But one connection between my note and the stories we feature this month is that there is just something about Mom. Irreplaceable.

We're introducing a few new contributors this issue. Emily Griggs is an Iowa girl who stud-

ied fashion and design at Iowa State University's nationally recognized program, worked in Ames to launch her own line for six years, and took the plunge, moving to New York City last fall. She has some fun insights on how to shop in Ames for out-of-the-box looks.

Allison Suesse writes our cover story about the dynamic Sharika Sawyer and her pinch-his-cheeks-he's-so-cute son. There's a multifaceted angle: What's it like to head a band and be a mom? Read on to find out.

Don't forget to check in with our Facebook page and click "Like" so we can keep bringing you updates on our monthly makeovers. Check out this month's transformation!

To moms everywhere,

Lisa

Grown don't mean nothing to a mother. A child is a child. They get bigger, older, but grown? What's that suppose to mean? In my heart it don't mean a thing.

— Toni Morrison, "Beloved"

what we're into | MAY

ADA HAYDEN PARK

My husband and I ride bikes and take our picnic lunch and a bottle of wine to share, a mini vacation on the outskirts of Ames.

— Peggy Best

Biking around Ada Hayden park in Ames. It appears there may even be a resident loon.

— Karen Petersen

VISITING OUR LOCAL EARL MAY AND PICKING THE BRAINS OF THEIR KNOWLEDGEABLE STAFF.

I've never planted a thing before, but this year, I have decided to become a gardener, and they are making it happen for me.

— Lisa Munger



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I came across this shoe in Colorado during a recent trip. They are very casual, sporty and can be dressed up or down, not to mention they are comfortable! (www.suprafootwear.com)

— Joshua Duchene

WATCHING THE FAT-TO-FIT CHALLENGE PARTICIPANTS MAKE LIFE-CHANGING DIFFERENCES IN THEIR HEALTH, THROUGH THE TRIBUNE WEB LINK.

— Debra Atkinson



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— Joshua Duchene



LAYING IN THE HAMMOCK ON WARM DAYS AND EDGING TOWARD A SPRINGTIME NAP.

This one needs no explanation!

— Lisa Munger

"THE LEMON TREE," BY SANDY TOLAN

I read this book as part of preparation for reporting in the Middle East a while back, but I just reread it because it's so insightful in understanding the complexities of the Palestinian/Israeli conflict and how that influences the entire region. Plus, it's a really great (and true) story.

— Lisa Munger

KNITTING

If you have never learned to knit, buy a pair of needles and a skein of yarn, and watch teaching videos on YouTube. I have knitted about 34 inches of a scarf so far — not exactly perfect, but it is definitely one-of-a-kind!

— Peggy Best



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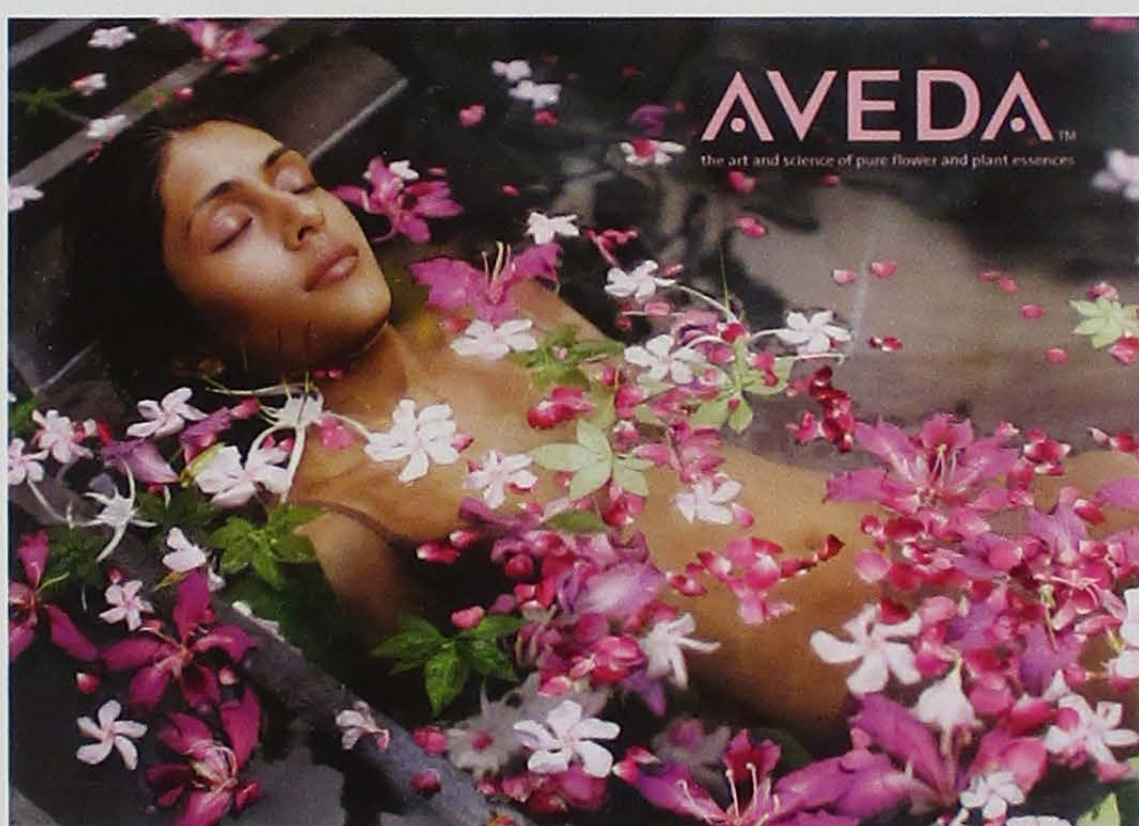


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"During my girls' weekend each August, there are three of us friends who take turns picking a destination that includes bicycling, hiking, canoeing or kayaking. Loess Hills provided the perfect spot."

— Peggy Best, Ames

To submit a photo from consideration for our next edition, send your image to FacetsReaderPhoto@gmail.com. Please include your name, where you live, your e-mail address and phone number as well as a short description of the photo.



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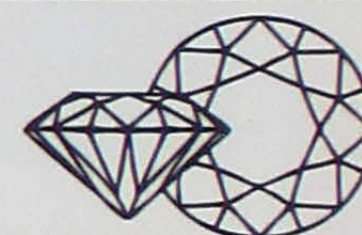
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Finding her sunshine

Singer's son inspires her to look on the bright side

BY ALLISON SUESSE

In a drafty, dimly-lit Iowa City bar, Sharika Sawyer, 26, stands in front of a small stage surrounded by her bandmates, friends and fans.

"We have one last song!" Sawyer yells into the microphone in her bright, slightly raspy voice. Between her radiant personality, funky style and soulfully smooth voice, Sawyer commands the attention of the small crowd. Her guitarist begins strumming a series of warm, jangly chords, the opening to her band's single, "Sunshine."

"You are my sunshine, and I am your ray. You make me happy, even in rain," Sawyer belts with passion imbued in each note of the song she wrote for her 1-year-old son, Jacob.

Sawyer is the lead singer of the band Ladysoal, which has been gaining regional success since it originated in August 2008. Between managing the band, booking

shows, planning interviews and writing songs, Sawyer is also a single, full-time mom, her "24/7 job."


"I wanted to be there for him," Sawyer said of her decision to take care of Jacob full time.

At home in her apartment in Ames, Sawyer watches chubby-faced Jacob dash back and forth, pushing a toy lawn mower across the carpet. He's a spunky, friendly and curious little individual — a lot like his mother.

"He definitely influences my music," Sawyer said, smiling at her son.

Sawyer said she's developed a much softer personality since becoming a mother and has been writing lighter, cheerier songs. In six years of songwriting before Jacob, the themes of her work were consistently bleak. But knowing that Jacob exudes unconditional love for her inspired Sawyer to write, "Sunshine," one of the first exuberant love songs she's ever written.

Continued on page 10

A close-up photograph of a woman with dark, curly hair and a nose ring, smiling warmly while holding a young child. The child is laughing joyfully, showing their teeth. They are both looking towards the camera. The woman is wearing a green and white striped shirt, and the child is wearing a green t-shirt with a graphic of a bulldog. The background is slightly blurred, showing a plaid pattern.

Singer
Sharika Sawyer,
26, finds inspiration
in her son, Jacob, 1.

By Allison Suesse/
Facets

Sawer's voice soars when she sings what she considers the most meaningful lyrics of the song: "Your love, oh your love. I'm caught in your love; it makes me weak."

Sawer wrote the lines after emerging from a difficult chapter of her life. She gets teary talking about what "Sunshine" means to her, and how having Jacob has changed her perspective.

"Jacob is awesomely positive. He knows no wrong. He's obviously an innocent soul at this point," Sawer said. "So being around him definitely reminds me of the good things."

Right now, the "good things" in Sawer's life are actually very good. She's surrounded herself with positive energy and people who are supportive of her work. On a rainy Sunday morning recently, Sawer began shooting the music video to accompany the song "Sunshine." Her close friends Trey Critz and Erin O'Grady were with her at the shoot and assisted her with her make-up and wardrobe. In a few weeks, Jacob will star alongside Sawer in the next shoot at Inis Grove Park.

"Her son is the smartest and happiest little boy I know," O'Grady said. "She has taught him to be loving and thankful."

Sawer spends time with her son every day, playing with him, teaching him new words and teaching him how to sing into a toy microphone.

When she's not with Jacob, Sawer dedicates her time to her band. A typical day starts with Sawer adhering to Jacob's sleep schedule and waking up with him around 7 a.m. They spend their morning playing and watching cartoons. Throughout the day, Sawer attempts to read emails and promote the band to blogs and radio stations, which only happens for about 20 minutes before Jacob gets fussy.

Balancing roles as a mother and an artist is challenging, she said. Sawer mentions she can't help feeling guilty leaving him at home with a nanny or her parents while she has band practice or travels for shows. Feeling guilty about leaving Jacob has proved to be the most difficult aspect of juggling her roles.

Sawer came from an abusive beginning, herself. As the daughter of a 16-year-old mother, she was placed in "the worst foster home imaginable" until she was four-years-old. There, Sawer was subject to abuse and neglect until her parents adopted her. To relieve her feelings of guilt, Sawer reflects on her childhood and reminds herself that Jacob is loved and is not being neglected or abused.

James Doxon, 23, is Jacob's godfather and the drummer for Ladysoal. He and Sawer are close, and Doxon said he knows Sawer cares a lot about Jacob and wants the best for him even when she's away from home.

"She spent a lot of time looking for a good babysitter," Doxon said. "She didn't want any ol' person; she wanted someone she could trust."

Sawer knows she needs the time away from home to pursue her dreams. Ever since she was 19 years old, Sawer has dreamed of becoming a successful lead singer. And Sawer is not complacent about achieving her dreams, even when having a child can make pursuing goals more challenging.

"I'm a very strong-minded person, and I don't ever have a 'plan B,'" Sawer said. "I believe that when you have dreams and desires of what you want to be and who you want to be when you grow up, you do not settle for plan B. That leaves the door open to failure."

Sawer puts her heart and soul into whatever she desires to accomplish, whether it is raising a happy, healthy son, or rising to fame.

"She is inspiring because whatever stands in her way, she powers through with her head held high," O'Grady said.

Sawer is raising Jacob to be his own person, to grow up loving life and music. As a bright, positive being in Sawer's life, he'll always be his mother's sunshine.

Reach Allison Suesse via email at allison.suesse@gmail.com.



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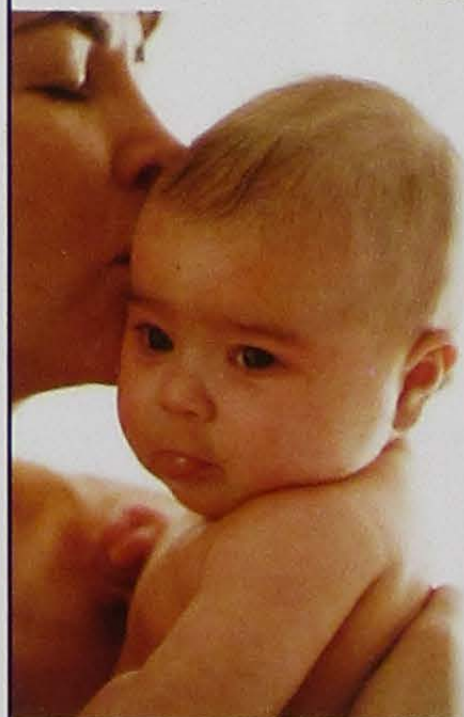
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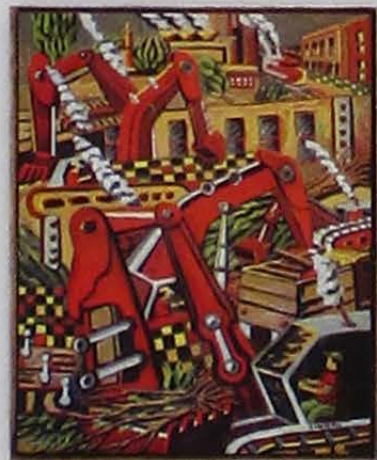


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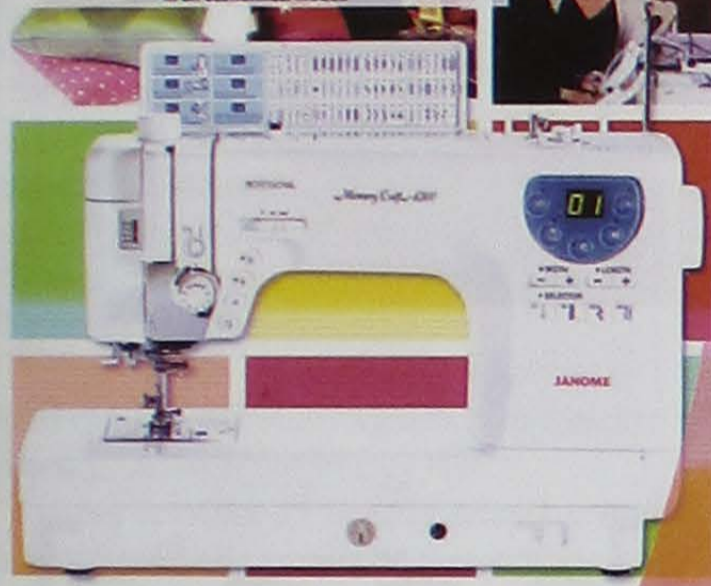
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Motherhood unscripted

BY PEGGY BEST

No matter what side of motherhood you're on, giving birth yourself or watching a family member or a spouse, everyone hopes for an easy delivery. Nonetheless, no matter how much preparation you put into your child's first day, you can't be prepared for everything.

Marcia Clendenen's daughter,

Jayne Ladwig, was pregnant with her first child in May 2006. A blood test concerned her obstetrician enough to induce labor. The family made phone calls to alert their family to the situation. They boarded the dog, packed a suitcase and headed St. Luke's Hospital in Cedar Rapids. Doctors induced Ladwig's labor at 5 p.m. that evening.

"I never put her down the entire first night. We bonded that night. I knew I loved my newest little granddaughter, but every time I looked into her little face that night, I saw my daughter's face." — **Marcia Clendenen**

Clendenen stayed in the birthing room with her daughter, along with other family members, until, 15 hours into her labor, Ladwig developed sepsis, a condition where the bloodstream is overwhelmed by bacteria. The condition can be fatal. The doctors immediately hooked her up to intravenous antibiotics.

According to the Mayo Clinic, sepsis is a potentially life-threatening condition in which the immune system's reaction to an infection may injure body tissues far from the original infection. As sepsis progresses, it begins to affect organ function and eventually can lead to septic shock, a sometimes fatal drop in blood pressure.

Clendenen remembers, "I was concerned, but blissfully ignorant of the dangers ahead."

After another 11 hours passed, the doctor ordered all nonmedical personnel out of the birthing room. Clendenen hugged her daughter and told her she loved her and was confident she could do whatever she would need to, and took up a position right outside the birthing room door. Minutes passed, and finally LeeAnn Ladwig was born. The nurse wrapped her in a pink blanket, and the doctor told Scott, LeeAnn's father, to carry the baby directly to the neonatal intensive care unit. LeeAnn had been born with the same infection as her mother and was in serious trouble.

The next day, things seemed to be improving. Both mother and daughter were doing better, and Clendenen finally went to her daughter's home in Cedar Rapids for some much-needed rest. But it was to be a short night. Hospital personnel called Clendenen at 1:30 a.m. and asked her to come to the hospital as soon as possible. Her daughter had gone into septic shock and cardiac arrest and had been transferred from the birthing center to the ICU in the main hospital.

"I cried and prayed all the way back to St. Luke's," Clendenen recalled. "When I

saw my daughter, she was hooked up to so many wires and tubes, and I was so scared for her."

Ladwig told her mom she didn't want to die and leave her little girl. Clendenen remembers telling her daughter she had worked so hard to have this baby that she didn't believe that would happen.

Two days later, baby LeeAnn improved enough that the hospital was ready to release her, but Ladwig did not want her tiny daughter to leave while she was still in the hospital's intensive care unit. The personnel at St. Luke's had saved her original room in the birthing center for her to come back to, and agreed to release the baby and allowed Clendenen to stay in the birthing center room with her. Clendenen eagerly took on the grandmotherly duty, moving into the birthing room that afternoon and staying for the next several days.

"I never put her down the entire first night," Clendenen said. "We bonded that night. I knew I loved my newest little granddaughter, but every time I looked into her little face that night, I saw my daughter's face."

Clendenen said she felt a fierce love and an overwhelming need to protect the baby.

In the early morning hours, LeeAnn had wet her clothing and blankets, so Clendenen, a 59-year-old grandma, dressed in pajamas and baby in her arms, stepped out into the birthing center hallway to flag down a nurse to request some dry receiving blankets. The nurse brought her the blankets, patted Clendenen on her arm and asked her who her nurse was.

"This is the favorite part of the story," Clendenen said. The nurse had mistaken her for the mother of the newborn.

Several days later, Jayme Ladwig was released from the hospital and took LeeAnn home to start a new life.

Reach Peggy Best via email at pegathome554@msn.com.

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renewal makeover | JENNIFER NELSON

We at Facets, along with The Style Guy, Joshua Duchene, are giving one woman a makeover each month — hair, makeup and even an outfit for her photo shoot — courtesy of The Salon in Ames and Lyla's Boutique. In our drive to hear more from our readers and make our magazine more interactive, for the next few months, we'll select our makeover winners from our Facebook followers.

We select winners via Facebook, ask if they'd like the makeover and take it from there. For our second run at the renewal makeover, our candidate, Jennifer Nelson, seemed to be the perfect winner.

"This couldn't have come at a better time," she said when Facets Editor Lisa Munger called her to see if she'd accept the makeover.

Jennifer explained that she was beginning to emerge from the quagmire of a difficult divorce, and besides that, she'd gone from a size 16 around Christmas to a size 12 by working out every day with the new Kosama fitness classes. She said when Kosama opened at the beginning of the year, she realized it was time to take charge of her life again. She's enrolled for a second session now, and by the end of the summer, hopes to be down to a size 8.

Three out of her four children have been away at college since winter break. When they come home this month, she hopes to surprise them with a whole new, healthier mom.

GET THE LOOK

THE CUT

Stylist Alan Randall decided to restructure Jennifer's cut so it would fall easily around her face and help her to grow in a particularly short patch in the back where cutting out gum had given her an unwanted avant garde do. The only restrictions Jennifer gave Randall: no purple, no orange.

THE COLOR

Randall opted to replace Jennifer's dishwater blonde hair with a coppery-brown color with lovely

BEFORE



highlights near her face to reflect light. A rich, warm palette worked well with Jennifer's warmer colored skin and renewed focus to her shining blue eyes.

MAKEUP

Jennifer said the last time she wore makeup, other than what her girlfriends slap on her occasionally for a night out, was on her wedding day in 1991. "Can you tell I was raised by my dad?" she asked. Because Jennifer isn't ordinarily a makeup person, makeup artist Liz Howe gave her an easy 5-minute look she could do without feeling like her face was caked down. Howe said the hot trends for spring are peaches and pinks, as well as color-saturated lip glosses. These trends fit Jennifer's coloring and style perfectly and made for a fresh look.

STYLE

When Jennifer saw the clothes Lyla's Boutique Manager Kinsey Lehrkamp pulled for her, she was nervous. She said the clothes were things she'd never pick out for herself.

With a quick and enthusiastic: "Well that's the point of the makeover, to get you out of a rut and into something new!" Lehrkamp sent Jennifer to the fitting room to try on the first look — the rockin' red dress featured here. It took Jennifer a while to get used to it, but with convincing by Lehrkamp and other shoppers, Jennifer took right to it.

"These are clothes I never would have thought would suit me," Jennifer said.

AFTER



Photos by Lisa Munger/Facets

Above: Jennifer Nelson tries on a brilliant red dress at Lyla's Boutique during her renewal makeover.



Left: For a day look, Jennifer sported a top with a strong band at the waist to accentuate the smallest part of her figure and a petite length black pant, paired with a sparkly flat a fantastically colorful handbag.

facebook

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the style guy | RECOGNIZING HAIR BREAKAGE

Q How can I recognize hair breakage? I don't see the difference between broken hairs and new growth.

A Seeing the difference between breakage and new growth can be difficult sometimes, and we often have to rely on secondary clues to give us an idea of the source of the shorter hairs. But before we discuss secondary clues, let's address the primary signs of damaged or broken hairs versus new growth.

The key difference between broken hairs versus new growth is that broken hairs generally show signs of stress on the ends of the hairs. The hairs may seem distorted or stretched, or the ends appear frayed. To see these signs, you may need to use a magnifying lens, but doing so should reveal the signs that indicate breakage if there are any.

New growth would not have such signs, but it is important to consider that if you are looking

at an area of the scalp with areas in which the hair is shorter than normal (such



JOSHUA DUCHENE

as in the forehead or forward edges along the sides) and you wear your hair in such a way as to cause stress on these areas (tight ponytails, braids), then breakage

is almost certainly more clearly indicated.

Also, in areas where there are bands of shorter hair, if this was a result of new growth, then there would have to be shedding of the long hairs in a timeline as to have been very noticeable. So, unless you specifically noted that you had a sudden shift in your hairline followed by the appearance of a band of new growth, you can feel fairly secure in presuming that the short hairs are as a result of breakage.

Q I tend to wear my hair in a bun or pulled back because I can't stand it to be in my face. And I wear a headband. Is it bad to wear a headband or wear your hair in a bun?

A Actually, both headbands and bun hairstyles are perfectly safe for the hair as long as you keep a simple tenet in mind: "tight" is bad. The mistake many women make is in thinking that to get a securely held hairstyle, they need to make sure the confining mechanism is tight.

A bun that is pulled back too tightly can cause tension on localized points on the scalp. This is especially true in cases where a woman twists her hair up into a bun and relies mostly on the weight of the hair and the wrap to hold the bun in place. Often you can immediately feel points where the hair along the edge of the face become taut as the weight of the bun rests on these points.

These points can develop what is known as traction alopecia as the hair can be pulled from the follicles by the weight of the bun. The trick to avoiding this is to adjust the placement of the bun to an area where the weight is evenly distributed, make sure not to twist the bun too tightly and use as many hairpins as needed to hold the hair securely and evenly distribute the tension.

With headbands, the problems are simpler: many women who wear headbands incorrectly presume that in order to hold the hair properly, the bands have to be tight. The thing to remember is that if your headband starts to hurt after wearing it for a period of time, you most probably have it too tight.

Joshua Duchene is the artistic director for a salon in Ames. His goal is to help every client find the right style. He graduated from La James Cosmetology School in Des Moines. Reach him via email at jduchene@thesaloninames.com.



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nourishment | **HEALTHY GRILLING**

You go grill!

Fire up the grill. Spring lures people outdoors and sparks begin to fly as grills are ignited for the first time in the season. If grilling makes you think of high-calorie, high-fat burgers and hot dogs, think again. Chicken, fish, vegetables and fruit can add some nutrients to your meal and creativity to your backyard barbecue. Grilling is a low-fat cooking method and an easy way to trim fat from your diet. Grilling allows fat to drip away from the meat unlike many other cooking methods.



LAURA KIMM

Here are three creative options to improve your health while grilling:

KABOBS

Choose lean meats like chicken, shrimp or even tofu. Tofu adds soy protein to your grilling fare. Tofu can be cut into cubes and easily slides onto skewers. Fruits and vegetables make a sweet and savory accent to kabobs and are delicious when combined with poultry, tofu, seafood and meats. Try cherry tomatoes, fresh mushrooms, zucchini slices, onions, peppers, pineapple chunks or apple slices. Create the kabob of your choice and brush with olive oil or a marinade to enhance the flavor and keep food moist while grilling. Turn the kabobs as needed during grilling. Grill over the barbecue until the meats are thoroughly cooked and the fruits and veggies are tender and roasted.

GRILLED ASPARAGUS

Asparagus is a delicious spring and summer vegetable. What's more, grilling asparagus is simple. Choose a bunch with thicker stalks that is bright green. Clean and trim the bottoms of the asparagus, brush with olive oil, and sprinkle with salt and pepper. Grill asparagus until tender, turning frequently, for about three minutes.

SALMON

Salmon is very easy to grill. The American Heart Association recommends healthy adults eat at least two servings of fish per week, including salmon. If you have never tried to grill salmon, here is an easy recipe idea:

Sprinkle lemon juice, salt and pepper



Vegetables and fruits make a healthy accent to kabobs and are delicious when combined with poultry, tofu, seafood and meats. Try cherry tomatoes, fresh mushrooms, zucchini slices, onions, peppers, pineapple chunks or apple slices.

on salmon filets or steaks and grill them for about 10 minutes per inch of thickness. Flip them once if your grill does not have a lid. For the best flavor, do not overcook salmon. Appearance is the best gauge of doneness with salmon. Insert the tip of a knife at the thickest part of the filet and pull away slightly. Well-done salmon will be completely opaque and flake easily. Salmon continues to cook after removing from heat, so count a minute or two of standing time to complete cooking.

Laura Kimm holds a bachelor's degree from the University of Iowa in health and sports studies. Kimm is a member of the American Dietetic Association and the Iowa Dietetic Association. She works as a registered dietitian at the West Ames Hy-Vee. Reach her via email at lkimm@hy-vee.com.

What's new in DENIM

It's May, and there are so many reasons to celebrate: Cinco de Mayo, Mother's Day and Memorial Day weekend. Another cause for celebration: spring's new denim trends! Say goodbye to the skinny jean and hello to the mom jean. Don't get carried away, though; I don't mean the dreaded mom jean, but the cool 1970s high-waisted jean. The jeans your mom used to wear — during her free love, flower-power phase. The 1970s fashion is



EMILY GRIGGS

huge for spring, and for denim that means high-waist, wide-leg and flare-leg silhouettes are back. Here's how to wear them and where to buy them:

HIGH-WAIST: Showcase your style-savvy new look by tucking in your top. Not only is this look fashion forward, but it's flattering on most body types. Stop by Miss Meyer's on Fifth Street and ask to see what high-waist styles they have in stock and rock some "re-cycled" style.

WIDE-LEG: Loosen up ... literally! Many of us have been sporting skinny jeans/jeggings/

leggings trend for the past few years, but now it's time to let our legs breathe. I love the laid-back luxury that a comfy wide-leg jean offers. So dress them up with a crisp white shirt or dress them down with a plain white T-shirt. Shop Lyla's Boutique on Main Street, look for styles like the, "Miss Me Sailor Wide Leg Jean," for this effortlessly chic look.

FLARE LEG: Don't go too boho. Keep your look current by pairing this hippie-style cut with a contemporary top. For a wear-to-work look, pair your flares with a button-down top and a blazer. Check out Ayden Lee on South Kellogg and see what new, designer jeans they carry in a flare cut.

Finally, finish off your vintage vibe with a pair of casual flats or chunky platforms. Now you're ready to enjoy margaritas with mom, any day of the month.

Emily Griggs grew up in Story City and lived in Ames until 2010, when she moved to New York City. Griggs studied Fashion apparel merchandising, design and production at Iowa State University. Reach her via email at emily@parkerandblake.com.

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Money lessons from mothers

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Every time I shop for clothes, I think of my mother saying: "Do you really want to spend that much of your money for a sweater?"

I asked some Somerset businesswomen to share what they learned from their moms about money. I anticipated the answers would be practical, so to draw out the indulgent side of these women, I asked how they would spend \$500 frivolously.



**KAREN
PETERSEN**

Kristen Brewer owns and operates Brewer's in Somerset, a small bar and grill. "My mom taught me to not spend more money than I had. I grew up on a farm and learned how to do all the chores at an early age. I quickly learned how much hard work it takes to earn cash."

Brewer's daughter, Gabrielle, a sophomore at Ames High, says she learned from her mom, Kristen, to buy only what's necessary. Kristen said: "Set goals for things you want, and if you put away a little at a time, you'll reach your goal quickly. Work hard, and you will be rewarded."

Shari Albee, owner and optician of Pearle Vision in Ames, said her mom was the shopper in her family.

"Money was always tight, and since I often went with mom to make these purchases, I was taught from a young age that we needed to be frugal. One thing my mom would splurge on was shoes. She had really narrow feet and could only get her size at the really nice shoe store — at least that was her excuse! I learned to be frugal, but that it's OK to have nice shoes and lots of them!"

Britt Jones, Branch Manager for Greater Iowa Credit Union, said she watched her mother keep meticulous records for their family business. "I learned to keep accurate records, save a little from each paycheck, have an emergency fund and have a secret mad-money stash."

My mom's mantra was: "Never pay full price; it will always go on sale at some point."

From an early age, my own daughter, Kelsy, learned to save and budget and in-

Mom mantras

"My mom taught me to not spend more money than I had."

"I was taught from a young age that we needed to be frugal."

"Never pay full price; it will always go on sale at some point."

"You can achieve anything by setting small goals."

herited my bargain-shopping gene.

My son, Chris, says he heard my mantra, "You can achieve anything by setting small goals," but it was my actions more than my words that taught him that important life lesson.

Now to the \$500 question, as promised above:

Kristen Brewer: "A trip would be on my list."

Shari Albee: "My first instinct would be to save it, of course, (Thanks, Mom!) but if I had to spend it, I would go on a clothes shopping spree."

Britt Jones: "I'd take a weekend trip on a whim."

Mom's money lessons include working hard, spending carefully, saving regularly and now and then being a little frivolous. Because life is ... more than money.

Karen L Petersen CFP® CDFA™ is a fee-based financial advisor. She graduated from ISU in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

Working out with child

Exercising like a mother doesn't mean what it used to. Running an 8- or even 9-minute mile would be a personal record for many women, pregnancy aside. One particularly active mom slowed to that rate as her pregnancies (She's had four, by the way) progressed to her fifth or sixth month. From there, episodes of false labor with Braxton Hicks contractions made the elliptical trainer and other activities more comfortable.



DEBRA ATKINSON

"I worked out nearly every day, sometimes twice, only because I was used to it," Jody Bennett said of her pregnancy workouts. Her doctor was completely supportive of her high activity level, because she was very fit and used to running high mileage prior to her pregnancies.

Nowadays, there's more latitude than ever in the exercise prescription for a normal pregnancy, where there aren't any complications. Many physicians allow women to continue most, if not all their prepregnancy activities, as long as they adjust it to a comfortable intensity and duration level as the pregnancy progresses. Also, exercise-enhanced well-being is derived from endorphins, and the enhanced circulation can decrease swelling and water retention.

Still, it's wise to keep focused on the end result: staying injury free and delivering a healthy baby. According to the American College of Obstetrics and Gynecologists, a pregnant woman should focus on how exercise choices affect her joints, balance and heart rate. The hormones produced during pregnancy cause the ligaments surrounding joints to relax. This can make joints more unstable and vulnerable to quick changes of direction or high-impact exercise.

As pregnancy progresses, the shift of your center of gravity can cause strain on the muscles of the lower back and pelvis. The additional weight may cause you to lose your balance, especially later in the pregnancy. Pregnancy isn't the time to add vigorous activities that you're not already used to, though as long as your doctor gives the OK, you can continue exercises that you are familiar with such as yoga, step aerobics or weight training.

The added weight you carry during pregnancy means the heart is already working harder than usual. During exercise, blood



Contributed photo

Jody Bennett worked out nearly every day during her pregnancies. Her doctor was supportive of her high activity level because she was very fit and used to running high mileage prior to pregnancy.

flow is directed toward working muscles and away from other areas of the body. ACOG guidelines suggest caution in exercising to exhaustion or to extreme. Gauge your breathlessness and ability to talk. You should be able to carry on a conversation throughout your exercise routine.

Melissa Stenberg, a personal trainer and figure competitor remembers it was much harder to exercise because of the additional weight she carried when she was pregnant with twins. Stenberg remained active through all four of her pregnancies. Categorizing her activity level as high prior to her pregnancies, the only thing she modified was intensity and duration.

Meanwhile, Jessica Spora carried three babies and exercised through each pregnancy. She has had three doctors, a different one for each pregnancy.

"Two out of the three (doctors) laid out re-

strictions (for exercise), such as keeping my heart rate at or below 140 or not to ride the bike because it had caused other patients to go into preterm labor," she said. "I admit that was a new one for me; I've not heard that before or since," said Spora, a personal trainer.

Though old ACOG guidelines advocated keeping heart rate low, there are no studies showing adverse effects on the fetus or mother with elevated heart rates. Newer guidelines have since replaced the old standards, but some doctors continue to use the older, more conservative recommendations.

RECOMMENDED READING

Jody Bennett recommends reading "Exercising Through Your Pregnancy," by James Clapp, M.D., for more information.

For the most part, Spora did everything she wanted or that felt good, including running and rollerblading, the latter a particularly risky activity for pregnancy. Each pregnancy was unique, however, and she noticed a slight pull in groin/low abdominal area when she walked too fast during her third pregnancy that she hadn't felt in the previous two. She adapted her activity and rolled on.

Even competitive athletes continue their intense training during pregnancy, though they often require more close monitoring by their physicians. Bennett's doctor concurred, in telling her that she could have run a marathon if she'd wanted to do so. She instead approached exercise in pregnancy as a means for fitness and well-being and left her competitive side for postpartum.

So much for the "delicate condition" of pregnancy from years past. For active women, like Bennett and Stenberg, exercise was something that made them feel better. For less active women, starting a moderate program before becoming pregnant would be ideal. If that's not possible, walking, water exercise or bicycling at a moderate level are usually well tolerated by beginners. Even light strength training is appropriate for a beginner who starts slow to help offset postural changes during pregnancy and strengthen the upper and lower back for later months.

Debra Atkinson, M.S., C.S.C.S., graduated from ISU, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.

Reach her via email at PTDirector@amesracfit.com.

faceted woman | VALERIE WILLIAMS

Name: Valerie Williams
Position: Artistic director,
 Co'Motion Dance Theater

Family: I have a mom still energetically living in Milwaukee, three siblings and many other loved ones. I'm a second-generation American, so I know all my cousins. My generation has been moving away from Milwaukee and now live everywhere from Hong Kong to Connecticut.

Age: 56

I never leave home without:

My PDA. It holds my calendar, notes, contacts, about 30 books, a number of card games, a metronome and even a Manhattan street finder.

What makes you happy?

Eating good food with my family and friends. Playing Sheephead or Euchre with card-sharks.

What makes you feel confident?

Dancing well is so satisfying that it makes me feel strong.

What makes you laugh?

Almost anything.

What have you accomplished that has made you proud?

I created a market for modern dance and have been paying professional dancers for 30 years.

Best tip to look and feel great:

Eat more vegetables; take the stairs instead of the elevator; smile honestly at people who annoy you.

How do you take care of yourself financially?



Photos courtesy of Valerie Williams

I spent a lot of years living hand-to-mouth and learned early to separate my needs and my wants. I know I can live very comfortably if I use coupons at the grocery store and don't buy anything nonessential. I ride my bike, keep the heat turned down, don't use air conditioning, make my clothing, take advantage of the excellent free concerts and lectures that are all over Ames, use the library (a lot), and then spend my leftover money on books, travelling and eating out.

If you could do or be anything you want, what would it be?

I will need a number of lifetimes to do everything I want. In my next life, I will be a violinist or coloratura soprano.

My idea of a nightmare job:

Sitting still.

My idea of a dream job:

Being around smart, creative, active and constructive people. I am so privileged in my colleagues and friends; I have a quality of life that is unmatched.

What financial advice would you give other women?

That's easy: don't spend money on anything nonessential to survival. Then decide what is essential with any money that is left over.

How do you give back to your community?

I set up and produce situations for dancing: Women in Motion, Kids' Co'Motion and Argentine Tango to name my favorites. I at-

tend dance concerts, have served on various commissions and boards, and I answer a lot of questions about dance and dancing.

How do you stay balanced in your life?

I take mini-vacations. I sit and read for an hour or eat a bowl of popcorn while reading the paper, take a hot bath before I go to bed, sit on my deck amid the lilacs for 30 minutes. And I throw darts with my buddies, who are my male-therapy group.

What is your favorite thing/place/event in Ames?

Right near the top of my list is Ames Public Library. It is astonishing in its contents, commitment to the public, resourcefulness and responsiveness.



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An Ames kitchen drowning in congested space was revived with an updated, storage-savvy and open floor plan approach. Marti Elston's kitchen was awash in a sea of clutter that spilled onto the counter space. In addition, having only one full bathroom was found to be inadequate for their home and for any resale potential.

"We had to get rid of the clutter and add in another bathroom," said Marti. "It was a must." Marti and her husband began to notice other problems along the way: outdated countertops, boring surfaces, scarce storage."

"Our overall vision was to make the kitchen feel more open, increase the value of the house by creating a second full bathroom, create more storage and closet space," said Marti. "Generally, just updating the house for the future."

The couple enlisted the help of Ames Contracting and Geisinger Construction to rework the kitchen and create an entirely new floor plan. In addition, they completely remodeled two small bathrooms on the main floor (adding a shower in one.) Updates were a priority, so the design team helped bring their 1968 kitchen and bathrooms into the 21st century.

"Oren from Ames Contracting had the master plan and coordinated the activities of all the other contractors," said Marti. "We didn't have to worry about any of that."

One thing the Elston's did have to worry about though, was the color scheme. Therefore, they

hired an interior designer to help them choose the perfect colors – dark browns and deep reds.

The brand new cherry cabinets that were installed provided additional customized storage, including a few fun perks like a built-in spice cabinet, appliance garage, pull out drawers for knives, tall bottles, garbage, and pop cans and a built-in wine rack. For the countertops, the Elstons chose traditional Cambria quartz to complement the cabinets' warm hue.

A gorgeous dark brown granite sink, new appliances, including a gas stove, refrigerator, dishwasher and microwave, and new hickory hardwood floors are a joy for Marti.

In the bathrooms, the Elston family opted for a vessel sink in one and a flat-bottomed circular sink in the other. New toilets, granite tops and a walk-in shower with detachable benches added to the elegant new bathrooms.

"Our bathroom vanities were made by Consolidated Kitchens & Fireplaces at a kitchen counter height, taller than a typical van-

ity, because we're both tall," said Marti.

"The finished product is gorgeous and we are thrilled with the results," said Marti. "We've only done a few small updates to our kitchen and main bathroom once before, so we were little worried whether or not all the various pieces would look good together in the end," said Marti. "That group really worked as a team and we were not disappointed!"

"I think we've successfully achieved our goal of increasing the value of the house, improved the flow of traffic through the kitchen and tied the deck, living

room, and kitchen all together more effectively," said Marti.



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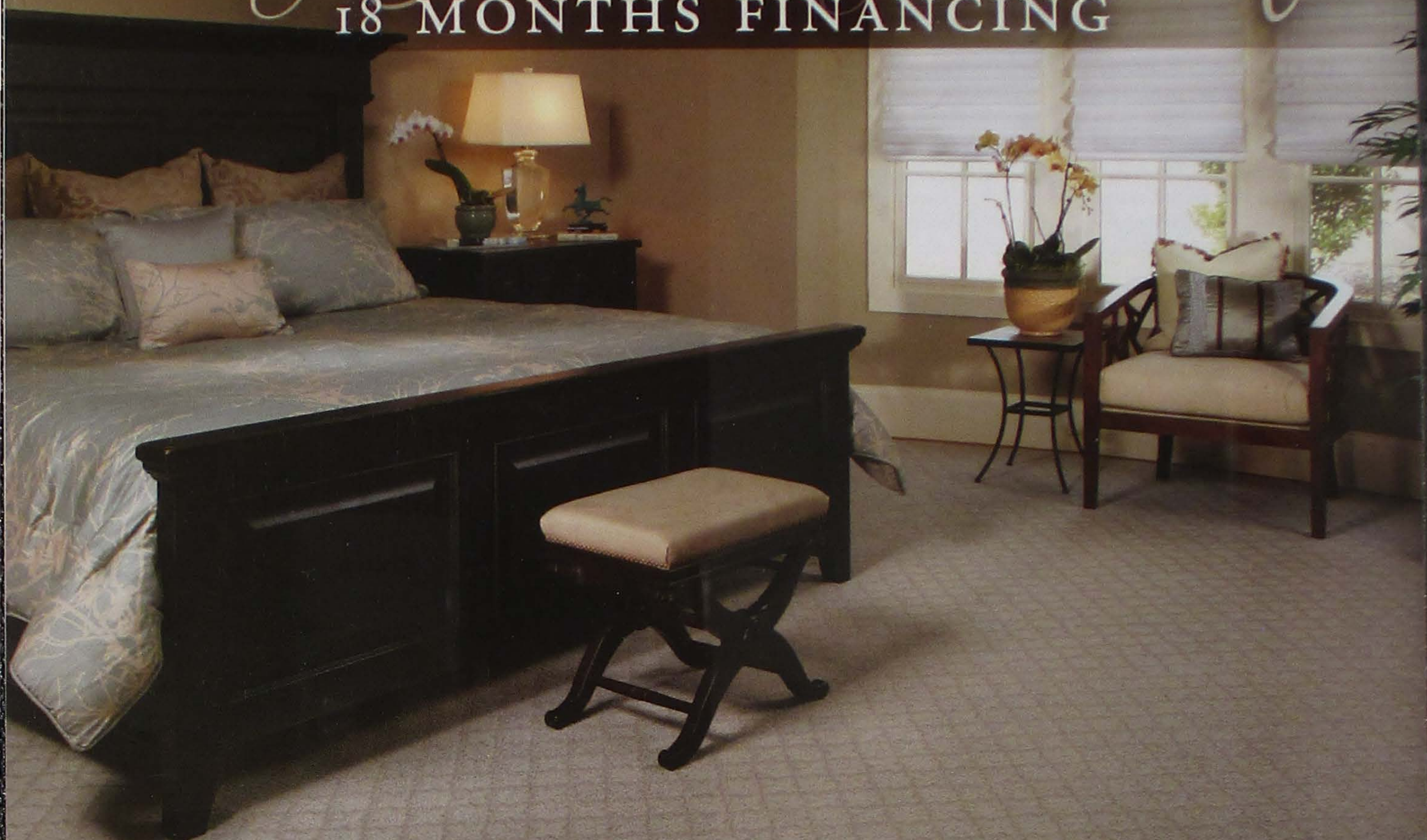
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